

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 65

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

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Guide to Smoke-free Dining is Now Available Electronically

Choosing a smoke-free place to dine protects your health, the health of your family and the restaurant staff who serve you. You can now find the [Guide to Smoke-free Dining in Southwest Washington on the Clark County website](#). The guide lists smoke-free restaurants in Clark and Skamania Counties. There you'll find two different ways to search for a smoke-free place to dine. Either scroll down each page; the guide is organized alphabetically by restaurant within each city. Or, click on the name of the city to get to the list of that city's smoke-free restaurants. **What does smoke-free mean?** Public dining establishments that are smoke-free inside at all times. Establishments that permit smoking in an adjoining bar or lounge are not included in this guide. If you are aware of a restaurant that meets this definition and is not listed in the Guide, please contact the [Tobacco Prevention and Education Program](#). The Guide to Smoke-free Dining in Southwest Washington is a collaborative project of the Tobacco Prevention and Education Program at the Clark County Health Department, the Tobacco Free Coalitions in Clark and Skamania Counties and Community Choices 2010. Approximately 80% of the restaurants in Clark County are completely smoke-free. In Skamania County, 83% are smoke-free.

Health Department Giving Away Tobacco Prevention Items

The Clark County Health Department is in the process of cleaning out storage areas in anticipation of moving to the new building, and the tobacco prevention team has come across materials the community may be interested in, including: hundreds of the EPA "Smoke-Free Homes Pledge" kits, perfect for health fairs and school parent nights. We also have several posters: Joe Chemo (in a hospital bed), Joe Chemo (in a casket), Serial Killer (a cigarette), Butts are Gross (animal bottoms) and Don't be a Smokeasaurus. Some of the images may be dated and most would appeal to younger students. Multiple copies are available on a first come basis. Contact: [Theresa Cross](#), 360.397.8215 x7378

Tribal Health Walk Celebrates Health and Wellness

About 80 people participated in the Cowlitz Indian Tribe Health Walk in Longview September 18, to promote health and wellness. The event included a table with tobacco education and Quit Line information. "The table was well received," said Debbie Medeiros, Intake Support Specialist Cowlitz Tribal Treatment. Debbie talked to several people about the Quit Line and handed out information and Quit Line cards. They also provided information about their clinic vocation rehabilitation and drug and alcohol treatment programs, in addition to having a Tribal history table. Contact: [Debbie Medeiros](#) 360.575.3316

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Great American Smokeout Planning

If you want to help plan local activities to celebrate the American Cancer Society's Great American Smokeout coming up on November 17, contact: [James Lanz](#): 360.397.8416
Next meeting is 10/20.





Each month, Tobacco Tid-Bits dishes up details on a local smoke-free restaurant listed in the [Guide to Smoke-free Dining in Southwest Washington](#). This month we feature Gray's at the Park Bistro & Bar. Gray's is west Vancouver's newest full service restaurant. Located on the ground floor on the north side of the new Hilton Hotel on West 6th Street, Gray's floor to ceiling windows look out onto downtown's Esther Short Park. Gray's opened completely smoke-free on June 15 and has something for any appetite at almost anytime of the day and evening with a full breakfast, lunch, dinner menu, plus a bar menu and weekend brunch. According to Ron Unruh, General Manager of Gray's, a popular breakfast item is "The Works": Belgium waffles topped with strawberries, bananas, blueberries, hazelnuts & powdered sugar. Halibut fish & chips are a frequent lunch order, and on a recent night over one quarter of the 100-plus dinner patrons ordered the Grilled Flat Iron steak which is served with whipped potatoes, crispy Walla Walla onion rings and smoked rogue blue cheese cream sauce, according to Ron. Gray's uses fresh vegetables, local breads and pastries from Main Street Bakery, dressings and sauces are made fresh daily, and meats are cut on site. Nothing is purchased pre-packaged. Gray's at the Park Bistro & Bar is open from 6 to 11 AM for breakfast, 11 AM to 2:30 PM for lunch and from 5 to 10 PM for dinner. Weekend brunch is from 11 AM to 2 PM.

Washington Tobacco Prevention and Control Program's 2005 Annual Conference



"Building on Success: The Opportunities Ahead" will be held November 2-4 at the Marriott Hotel in Sea-Tac. The conference is free for program contractors, local coalition members, advocacy partners, elected officials, and others interested in tobacco prevention and control. Register online at www.quitline.com/conference2005. Registration closes October 18. For more information, contact: [Paul Davis](#) at 360.236.3642

Former Coalition Chairs are Recognized with Certificates

During the September Tobacco Free Coalition of Clark County meeting, Certificates of Appreciation were presented to two former coalition Chairpersons, "For outstanding leadership and contributions toward achievement of a tobacco free Clark County." Kristine Perry served as Chair from 2002-04 and Gail Helland served as Chair-Elect from 2003-04 and Chair from 2004-05. A special thanks for all their hard work and dedication!



Youth Media Campaign: "Kissing a Smoker is Just as Gross"

The [Washington State Department of Health's](#) 2005-06 youth prevention advertising campaign kicked off statewide October 3. The new campaign features the social consequences of smoking. Research gathered from focus groups and on-the-street interviews conducted with youth in Seattle, Tacoma, and Spokane showed that:

- Youth are now extremely educated on the health consequences of tobacco use.
- They are aware of the health reasons NOT to smoke.
- They justify smoking by saying it is the least of their problems (drugs, alcohol, grades, parents, relationships, etc.)
- Some at-risk youth admit to liking to do "dangerous" activities.

The one common denominator that surfaced was the importance of boyfriend/girlfriend relationships. Who's attractive and why, how to be more attractive, who's seeing whom and why, and the opinions of others are typical concerns. The junior high/middle school transition is the time when kids are susceptible to outside pressures and influences. The campaign is aimed at those relationship concerns and will target 12-14 year olds, with "spillover" to ages 9-11 and 15-18. Media includes TV, radio, billboards, theatre screens, scratch-n-sniff postcards, peel off stickers, on-line banners, hologram bookmarks, t-shirts and an interactive web-site, www.ashtraymouth.com where you will find gross ashtray mouth desktops, mobile phone wallpaper and instant message icons.

Welcome New Local ALAW Tobacco Control Coordinator

Julie Scholer is now the regional American Lung Association of Washington's (ALAW) Tobacco Control Coordinator for Clark, Skamania, Cowlitz, Grays Harbor, Lewis, Mason, Pacific, Pierce, Thurston and Wahkiakum counties. She is available for a variety of services, including but not limited to the following:

- Conducting adult implement Teens Against Tobacco Use (TATU) facilitator trainings
- Conducting teen TATU trainings
- Attending and supporting local coalition meetings
- Providing technical assistance for trainings or other activities
- Attending and supporting tobacco prevention/education activities
- Providing materials for teens and/or adults to use for presentations
- Providing assistance with presentations
- Conducting tobacco presentations
- Working with leaders in the community to (TATU)
- Providing info on other ALAW programs including Not On Tobacco (NOT) & Freedom From Smoking.

Contact: julie.scholer@alaw.org, 253.272.8777 before November 14 to receive information on TATU mini-grant applications.



Tri-Met Follows C-Tran's Lead in Eliminating Smoking From Bus Shelters

Tri-Met crews are installing no-smoking signs at all 1,090 bus shelters and MAX stations where smoking will now be prohibited. "Tri-Met has received numerous requests and complaints over the years regarding people smoking inside shelters and at MAX stations," said Tri-Met spokeswoman Mary Fetsch. "There are people who use the shelters to take a smoke break if it's raining outside," Fetsch said. "They're not waiting for a bus; they're just inconveniencing other riders. Whether actual riders or not, smokers expose TriMet passengers to secondhand smoke," she said. "If you look at our riders, who are children and seniors and people with health issues, it's hard to get away from the smoke in the shelter." Enforcement will begin on January 1st. The only MAX stations that will be exempt from the rule are those where the platform shares space with a city sidewalk, such as the stations downtown. (9/23/05 KGW news and the Oregonian). In April of 2004 C-Tran began placing signs in its shelters asking riders: "*Out of courtesy to others, please refrain from smoking.*" If you see that a sign missing from a C-Tran shelter please call and report it, 360.696.4494.

Secondhand Smoke Linked to Health Risks in Children and Women

The [California Air Resources Board \(ARB\) released a report](#) which links secondhand smoke (SHS) to a variety of health effects ranging from asthma, Sudden Infant Death Syndrome (SIDS) and increased incidences of breast cancer in non-smoking pre-menopausal women. "These findings again heighten the need to minimize the public's exposure to tobacco smoke," said ARB Executive Officer, Catherine Witherspoon. "This information should be considered before anyone lights up another cigarette, especially around infants and children." The joint ARB and the Office of Environmental Health Hazard Assessment (OEHHA) report cites new and strengthening evidence that links secondhand tobacco smoke to a wide variety of adverse health effects, including increased incidences of cancer, heart disease and respiratory ailments, premature and low birth-weight babies, bronchitis, pneumonia, the induction and exacerbation of asthma, and middle ear infections in children. In adults, SHS has been identified as a cause of lung and nasal sinus cancer, eye and nasal irritation and now asthma. Released 9/29/05

Secondhand Smoke Costs Nearly \$10 Billion a Year

Secondhand smoke is costing the U.S. economy more than \$10 billion a year, according to a study released in August, although those costs are significantly lower than they were before programs initiated to limit smoking in workplaces and other public facilities. The study, sponsored by the Committee on Life Insurance Research and conducted by members of the [Society of Actuaries and Researchers at Georgia State University](#), estimated medical costs associated with second-hand smoke at about \$5 billion. It also pegged lost wages at about \$4.6 billion, but the estimates on secondhand smoking did not include costs such as the impact on children who get sick or die because of exposure to smoking. The study suggests that it could lead insurers to charge higher life insurance rates for those exposed to second-hand smoke, including those who live with smokers or those employed in workplaces that still allow smoking. 3

2005 Washington State Prevention Summit

October 20-22 - Yakima Convention Center. Early Registration: \$150 Adults; \$35 Youth / Students. On-Site Registration: \$200 Adults; \$50 Youth / Students.

Invited Presenters: Beverly Watts Davis - Director Center for Substance Abuse Prevention, Eric Liu - Author "Guiding Lights: The People Who Lead Us Toward Our Purpose in Life, Allison Porter - Miss Washington, LaMar Hudson - Inspirational Speaker "A Positive Message For Life," Donald Vereen - M.D., Special Assistant to the Director, National Institute on Drug Abuse.

For more information, contact the DASA Training Section at 1.877.301.4557 or visit the DASA website at <http://www1.dshs.wa.gov/dasa/>

2006 World Conference on Tobacco or Health International Youth Advocacy Training

The Campaign for Tobacco-Free Kids and Essential Action will be coordinating a pre-conference youth advocacy training leading up to the World Conference on Tobacco or Health (WCTOH) in July 2006 in Washington, DC. The training will facilitate networking and skill sharing between youth advocates from different countries, prepare youth for actions and events during the WCTOH, and lay a foundation for future cross-border youth advocacy campaigns against the tobacco industry. The pre-conference training, which will take place July 10-11, 2006, will include up to 100 participants from around the world, including up to 50 participants from the U.S. and Canada. They are currently accepting applications from youth advocates in the U.S. and Canada, ages 15 - 25. The pre-conference organizers will provide housing and meals for all participants during the two-day pre-conference. Both youth and adult participants are responsible for their own travel, WCTOH registration, lodging, meals and all other expenses throughout the remainder of the WCTOH. All applicants must fill out a brief application and submit it via email or FAX to Holly Aprea at The Campaign for Tobacco-Free Kids by Friday, November 4, 2005. Contact Holly for an application at haprea@tobaccofreekids.org or 202.296.5427

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Calendar of Events

- 10/06 SHS Task Force** meeting, 1:30-3 PM - Clark County Health Department, Garden Conference room.
Contact: [Theresa Cross](#), 360.397.8215 x 7378
- 10/12 Rural Communities** training with TPRC 9 - 3:30 PM - Cowlitz County Historical Museum, Kelso.
Info: <http://www.tobaccopr.org/coursedetail.cfm?id=17> Contact [Willie Manns](#) 360.750.7500 ext. 303
- 10/20 Great American Smokeout Planning workgroup** meeting, 2-3 PM Rock Creek Center, Stevenson.
Contact: [James Lanz](#): 360.397.8416
- 10/20-22 Washington State Prevention Summit**, Yakima Convention Center. Contact the DASA Training Section at 1.877.301.4557 or visit the DASA website at <http://www1.dshs.wa.gov/dasa/>
- 10/28 Adult TATU facilitator training**, 9:00-2:30 PM. Clark County Health Department.
Contact: [Julie Scholer](#) 253.272.8777
- 11/1 Schools Task Force meeting**, 7:30-9 AM ESD 112. Contact [Willie Manns](#) 360.750.7500 ext. 303
- 11/2-4 Washington Tobacco Prevention and Control Program's 2005 Annual Conference**, Marriott Hotel in Sea-Tac. Register online at www.quitline.com/conference2005 by October 18.

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.unfilteredtv.com/o2magazine/index.php
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. www.secondhandsmokesyou.com. Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.unfilteredtv.com
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. www.tobaccopr.org
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org

Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.